



FOR IMMEDIATE RELEASE
September 8, 2010

September is 'Emergency Preparedness Month'
Health District encourages community to 'make a kit, make a plan'

LAS VEGAS - The Southern Nevada Health District encourages everyone to develop preparedness plans that can be implemented in an emergency. An emergency preparedness kit is a first step to ensure families and businesses can sustain themselves in the event of an illness outbreak or a natural disaster. For more information about emergency preparedness or how to develop an emergency preparedness kit, visit www.SNHD.info.

The health district is hosting an open house at its 625 Shadow Lane location between 10 a.m. and 2 p.m., Thursday, Sept. 9, to provide information about preparing for an emergency, including how to develop a family preparedness kit. Information in Spanish will be available between 10 a.m. and 2 p.m. Monday, Sept. 13; information for individuals and families with special needs will be available between 10 a.m. and 2 p.m. Monday, Sept. 20; and information in a variety of Asian dialects will be available between 10 a.m. and 2 p.m. Monday, Sept. 29.

Family emergency supplies can be contained in a large trashcan, a backpack or a suitcase and can be assembled over several months by adding just one or two items to a grocery list. A kit should include food, water, a first aid kit, tools, copies of important documents, clothing and bedding, medications, and pet supplies. A household preparedness kit should include enough supplies to sustain everyone in the household for up to three weeks.

The health district's recommendations for a family emergency preparedness kit include:

- Prescription and over-the-counter medications
- Toiletries, including soap
- First-aid kit
- Baby formula and diapers
- Extra eyeglasses
- Pet food/medications/leashes/collars/ID tags
- Extra batteries for flashlight(s) and radio(s)
- Garbage bags
- Cash
- Non-perishable food, ready-to-eat canned meats, soups, fruits, vegetables, peanut butter, protein bars, utensils, can openers, sterno heating
- One gallon of water per person per day and fluids with electrolytes that will last for up to two weeks

-more-

September is Emergency Preparedness Month – add one

The health district will also have preparedness information available for Spanish speakers, individuals and families with special needs, and Asian community members:

Monday, Sept. 13

10 a.m. – 2 p.m.

625 Shadow Lane

Information will be available in Spanish

Monday, Sept. 20

10 a.m. – 2 p.m.

625 Shadow Lane

Information for individuals and families with special needs will be available

Wednesday, Sept. 29

10 a.m. – 2 p.m.

625 Shadow Lane

Information will be available in a variety of Asian dialects

Updated information about the Southern Nevada Health District can be found on Facebook www.facebook.com/SouthernNevadaHealthDistrict, on YouTube www.youtube.com/SNHealthDistrict or Twitter : www.twitter.com/SNHInfo.